

Be Strong.TM



NAUTILUS[®] Assembly Manual
Commercial Free Weights
Cable Crossover Tower

Model: F3CC

PREFACE/TABLE OF CONTENTS

Thank you for purchasing the Nautilus® Commercial Free Weights Cable Crossover Tower. For more than 30 years Nautilus® has been producing the world's finest fitness equipment used in health clubs and homes around the globe. We hope this product exceeds your expectations and is a valuable tool for your facility.

Please carefully read through this manual to familiarize yourself with the operation of your new Nautilus® Commercial Free Weights Cable Crossover Tower. Doing so will help to insure that your users get the most out of your tower, enjoying safe and effective workouts ahead.

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SAFETY PRECAUTIONS/PRODUCT SPECIFICATIONS

IMPORTANT SAFETY INSTRUCTIONS

The following definition applies to the word "WARNING" when used in this manual:



Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.



READ ALL INSTRUCTIONS BEFORE USING THE MACHINE.



For your safety, perform all assembly steps in the sequence given. Improper assembly can lead to injury.



Some components can be heavy or awkward to handle. Get help if necessary.

SAFETY PRECAUTION

Do not lay the machine flat when the weight stack is attached. Permanent damage to the machine will result.

PRODUCT SPECIFICATIONS

User Weight Capacity: 350 lbs / 158.7 kg

Dimensions (assembled): 46.5" w x 139.7" l x 93.7" h / 118.1 cm x 354.8 cm x 237.9 cm

Shipping Weight: 701.5 lbs / 318.2 kg

Net Weight: 656.3 lbs / 297.7 kg

Power Requirements: Self Generating

BEFORE YOU ASSEMBLE

Note: Throughout this manual, all references to the left or right side and to the front or back are made as if you were standing on a level surface and facing the Cable Crossover Tower.

Basic Assembly Principles

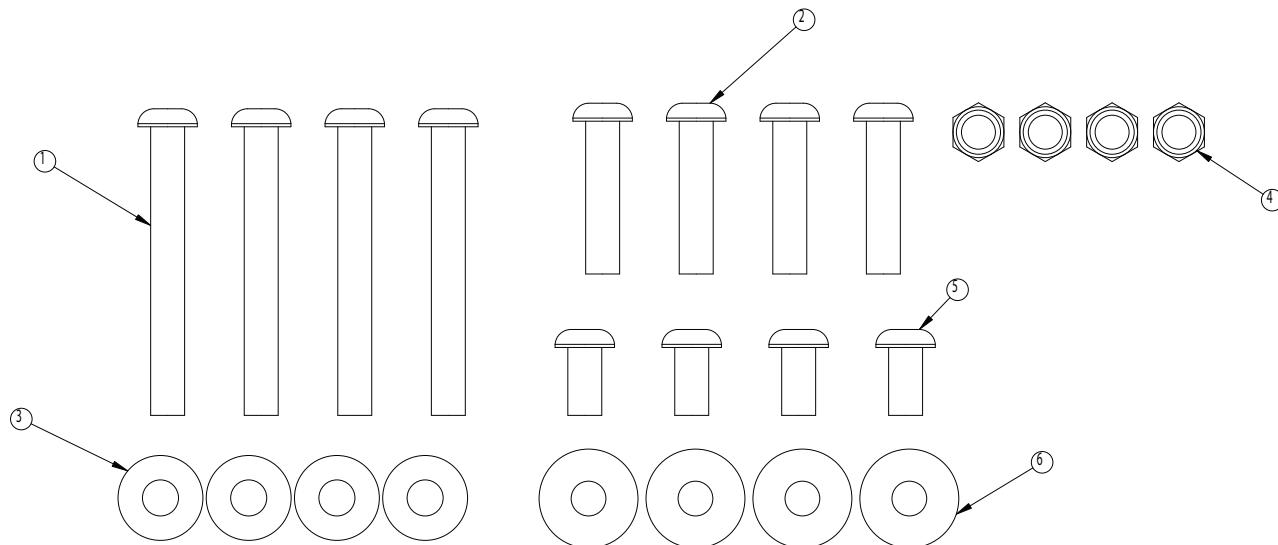
Here are few basic assembly tips that can make assembly of your Nautilus® Commercial Free Weights Cable Crossover Tower quick and easy.

1. You can make the assembly process go faster by gathering the pieces you need for each step prior to starting the step.
2. As a general rule, and for all fasteners on your Nautilus® Commercial Free Weights Cable Crossover Tower, turning toward the right will tighten, turning towards the left will loosen. An easy way to remember this is by remembering the expression, "Lefty loosey, righty tighty."
3. Not all of the tools needed to assemble your Nautilus® Commercial Free Weights Cable Crossover Tower are provided. Refer to the Tool List. You may find the use of a utility knife or scissors beneficial during the unpacking and assembly process.
4. It is recommended that you use at least two people to assemble your Nautilus® Commercial Free Weights Cable Crossover Tower.

Positioning Your Nautilus® Commercial Free Weights Cable Crossover Tower

Take great care when moving your Commercial Free Weights Cable Crossover Tower into place prior to assembly.

The Cable Crossover Tower is heavy and requires at least two people to safely move from one location to another. Remove weights before attempting to move the unit.

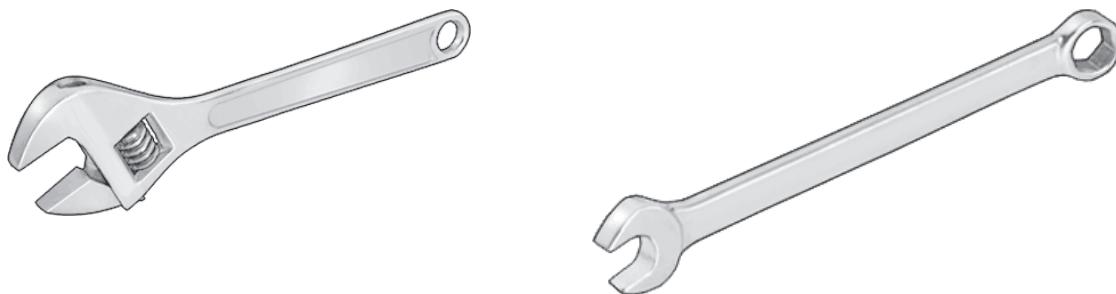
HARDWARE CARD**HARDWARE NOT TO SCALE**

REF #	DESCRIPTION	QTY
1	SCW-BHCS 0500-13x4.25 G5-BLKZ	4
2	SCW-BHCS 0500-13x2.25 G5-BLKZ	4
3	WSH-FLAT 0500 REGULAR BLKZ	12
4	NUT-NL 0500-13 G5-BLKZ	4
5	SCREW, BHSC 0500x1 G5-BLKZ	4
6	WSH-FLAT M12 WIDE BLKZ	4

TOOLS NOT PROVIDED

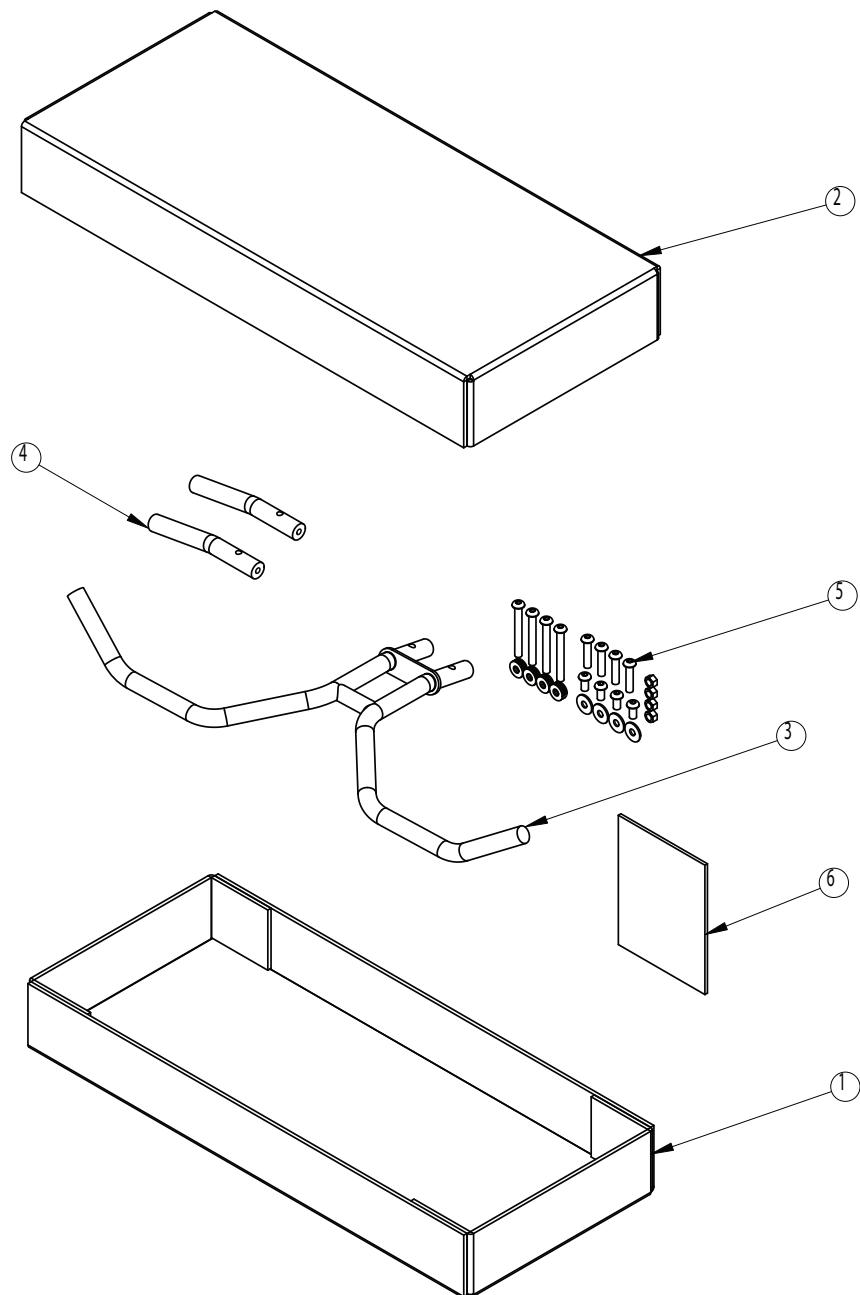
3/4" Wrench or Adjustable Wrench

5/16" Wrench or Adjustable Wrench



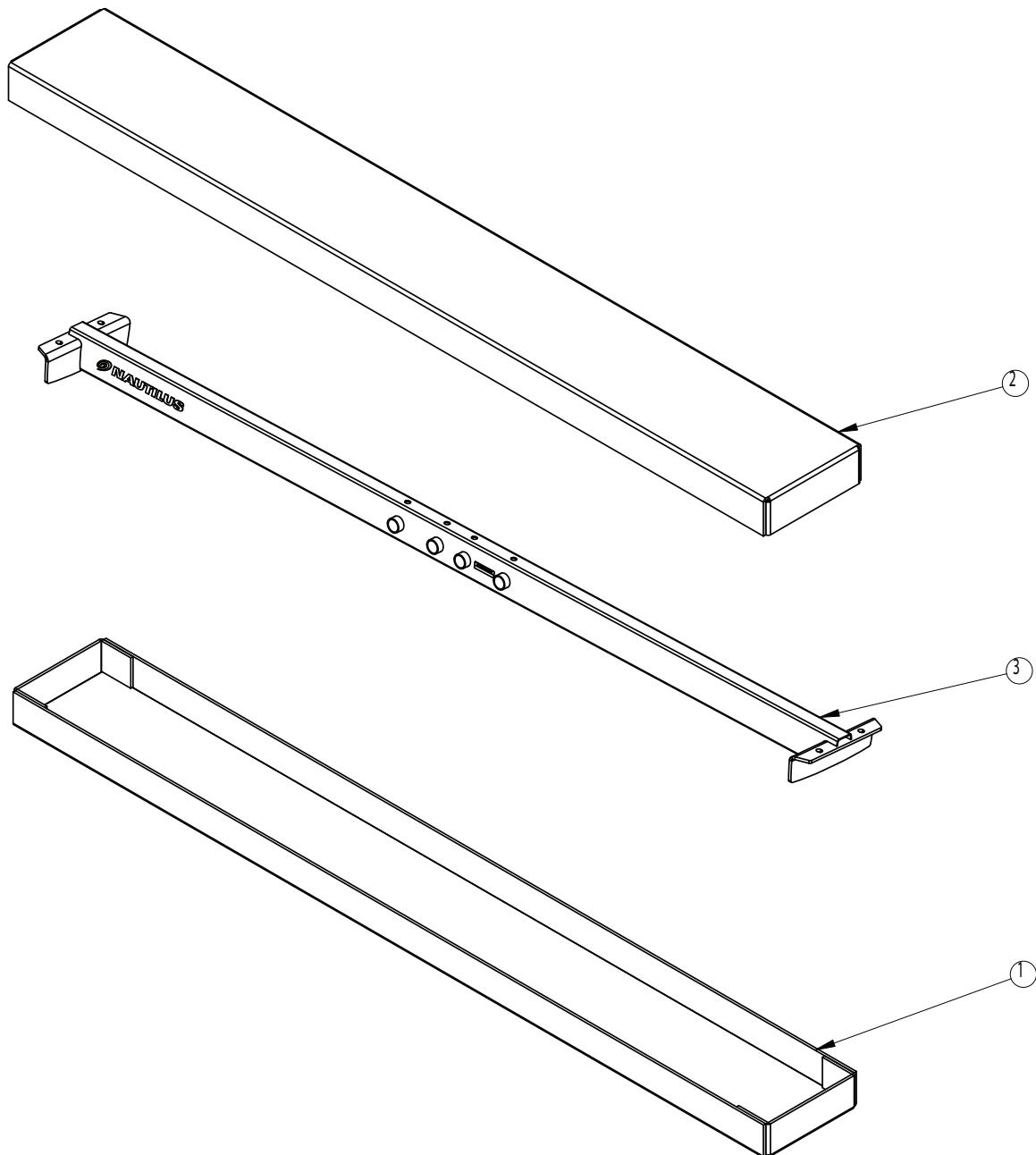
BOX CONTENTS

BOX #1



REF #	DESCRIPTION	QTY
1	BOX 1, BOTTOM, F3CC	1
2	BOX 1, TOP, F3CC	1
3	WELDMENT, PULL-UP BARS	1
4	BAR, PARALLEL GRIP	2
5	F3CC HARDWARE PACK	1
6	F3CC ASSEMBLY MANUAL	1

BOX #2

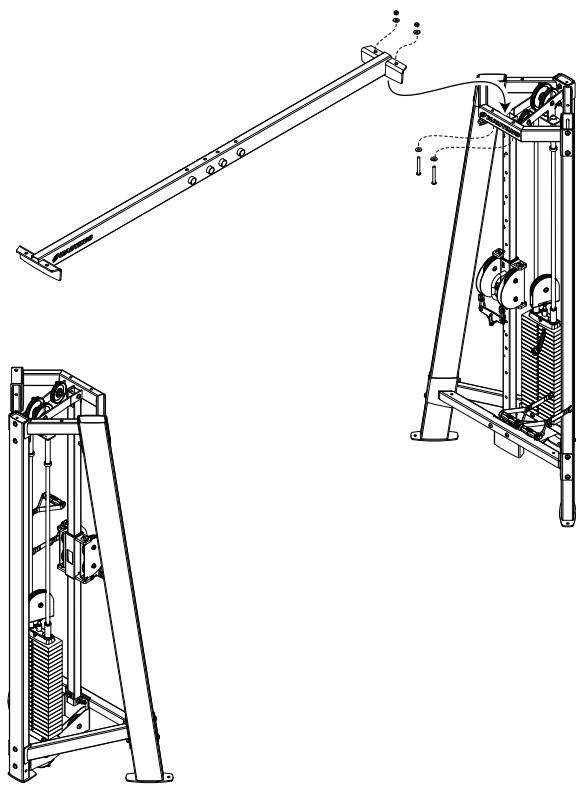


REF #	DESCRIPTION	QTY
1	BOX 2, BOTTOM, F3CC	1
2	BOX 2, TOP, F3CC	1
3	WELDMENT, CROSSOVER BAR	1

ASSEMBLY GUIDE

The following instructions provide direction in assembling the Towers, Crossover Bar, Grips, Pullup Bar, and Weight Stacks for the Nautilus® Commercial Free Weights Cable Crossover Tower. All instructions in the manual are given with the orientation of standing on a level surface and facing the machine.

Figure 1:



Step 1: Place Crossover Bar on One Tower

Locate the following for this step:

Parts:

- Adjustable Tower Frames (Assembled) Qty. 2
- Ref 3, Top Cross Member Qty. 1

Hardware:

- Ref 1, 1/2" x 4 1/4" Button Head Bolt Qty. 2
- Ref 4, 1/2" Nuts Qty. 2
- Ref 3, 1/2" Washers Qty. 4

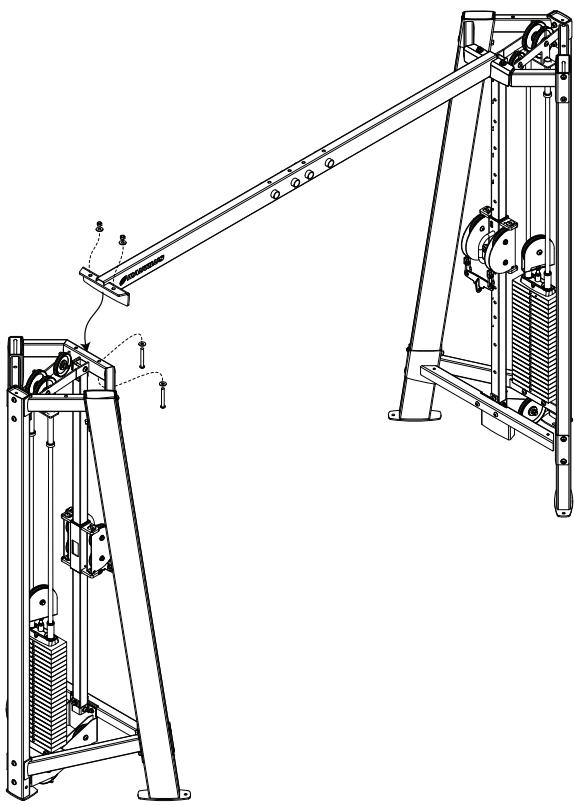
Tools:

- 5/16" Allen Wrench
- 3/4" Wrench
- Step Ladder

Refer to Figure 1:

1-1 Before installing the weight stacks, place the two Towers to be used in the Cable Crossover approximately 8' 9" apart, facing each other.

1-2 While two people are supporting the Crossover Bar, have a third person on the ladder insert the hardware on one side of the Bar assembly. Do not tighten hardware at this time.

Step 2: Locate Second Tower and Securing Crossover Bar**Figure 2:**

Locate the following for this step:

Parts:

- None

Hardware:

- Ref 1, 1/2" x 4 1/4" Button Head Bolt Qty. 2
- Ref 4, 1/2" Nuts Qty. 2
- Ref 3, 1/2" Washers Qty. 4

Tools:

- 5/16" Allen Wrench
- 3/4" Wrench

Refer to Figure 2:

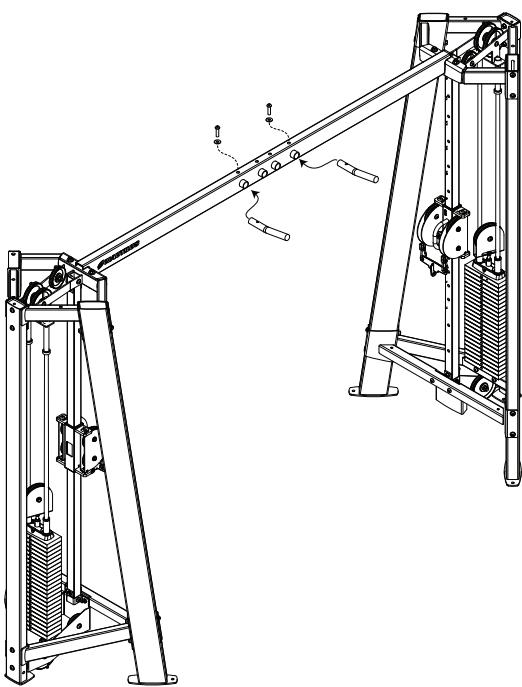
2-1 Have the person on the ladder support the Crossover tube, while the other two people move the remaining Tower into place (if the 8' 9" distance is maintained, you should only have to move the tower less than six inches).

2-2 Once the tower is in place, insert all hardware and firmly tighten. Make sure all Tower feet are level with the flat surface.

Note: Towers can tip up and the Cross Over Bar will still fit; this is an unsafe condition.

ASSEMBLY GUIDE

Figure 3:



Step 3: Attach Parallel Grips

Locate the following for this step:

Parts:

- Ref 4, Bar, Parallel Grip Qty. 2

Hardware:

- Ref 2, 1/2" x 2 1/4" Button Head Bolt Qty. 2
- Ref 3, 1/2" Washers Qty. 2

Tools:

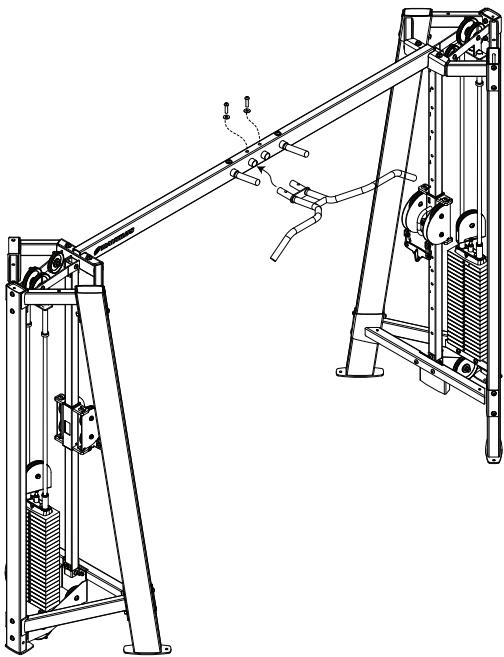
- 5/16" Allen Wrench

Refer to Figure 3:

- 3-1 Place the two Parallel Grips in the outermost mounting spots and secure from the top with the 2" hardware. Do not fully tighten hardware.

Step 4: Attach Pull Up Bar Assembly

Figure 4:



Locate the following for this step:

Parts:

- Ref 3, Weldment, Pull Up Bars Qty. 1

Hardware:

- Ref 2, 1/2" x 2 1/4" Button Head Bolt Qty. 2
- Ref 3, 1/2" Washers Qty. 2

Tools:

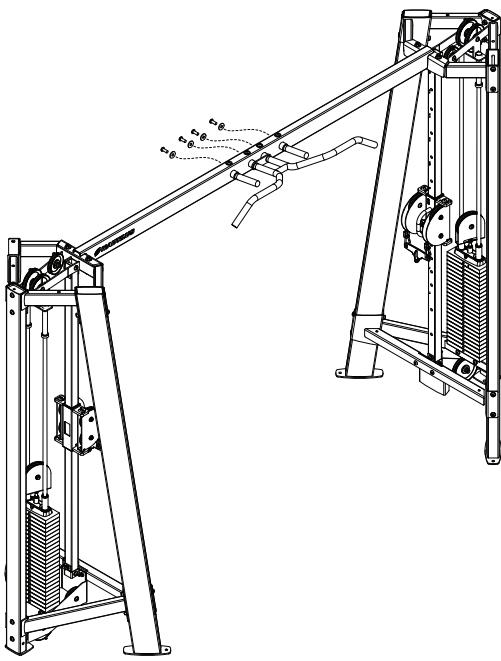
- 5/16" Allen Wrench

Refer to Figure 4:

- 4-1 Place the Pull Up Bar Assembly in the remaining mounting spots and secure from the top with 2" hardware. Do not fully tighten hardware.

ASSEMBLY GUIDE

Figure 5:



Step 5: Secure Pull/Up Parallel Bars/Adding Weight Stacks

Locate the following for this step:

Parts:

- None

Hardware:

- Ref 5, 1 1/2" x 1" Button Head Bolts Qty. 4
- Ref 6, M12 Wide Washers Qty. 4

Tools:

- 5/16" Allen Wrench

Refer to Figure 5:

5-1 Insert the four 1 1/4" bolts from the back of the Pull Up/Parallel Bars. Completely tighten all hardware.

5-2 Finish assembling the individual Towers by adding the Weight Stacks. Refer to the Nautilus® Commercial Free Weights Adjustable Tower Assembly Manual for the assembly steps.

Step 6: Lubrication and Cable Assembly**Figure 6:**

Perform this step as the final check.

Refer to Figure 6:

Lubrication

- 6-1 Lubricate the guide rods using a silicone based lubricant.
- 6-2 Carefully inspect all cables and insure that they are properly seated on the pulleys and that they pass between the pulleys and cable retainers.
- 6-3 Make sure all hardware is securely tightened.

Step 7: Inspect Assembly

Congratulations!

7-1 Assembly of your Nautilus® Commercial Free Weights Cable Crossover Tower is now complete. Be sure to fully inspect your Nautilus® Commercial Free Weights Cable Crossover Tower before using it for the first time.



WARNING

Failure to visually check and test the assembly before use can cause damage to the Nautilus® Commercial Free Weights Cable Crossover Tower and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

The Nautilus® Racks are designed for use with Nautilus® Free Weights equipment. The Nautilus® Free Weights line includes the following models:

Utility Benches & Exercise Machines

- Commercial Free Weights F3 0-90 Adjustable Utility Bench
- Commercial Free Weights F3AD Adjustable Decline Utility Bench
- Commercial Free Weights F3AHE Adjustable Hip Extension
- Commercial Free Weights F3AAB Adjustable Abdominal Bench
- Commercial Free Weights F3PC Preacher Curl Bench
- Commercial Free Weights F3TBR T-Bar Row
- Commercial Free Weights F3CD Chin Dip Leg Raise
- Commercial Free Weights F3FU Flat Utility Bench
- Commercial Free Weights F3SU Seated Utility

Olympic Benches & Squat Rack

- Commercial Free Weights F30SB Olympic Supine Bench
- Commercial Free Weights F30DB Olympic Decline Bench
- Commercial Free Weights F30IB Olympic Incline Bench
- Commercial Free Weights F30MB Olympic Military Bench
- Commercial Free Weights F3SR Squat Rack

Towers

- Commercial Free Weights F3CC Cable Crossover Tower
- Commercial Free Weights F3DLATP Dual Pulley Lateral Pulldown Tower
- Commercial Free Weights F3DROW Row Tower
- Commercial Free Weights F3AT Adjustable Tower

Racks

- Commercial Free Weights F3SM Smith Machine
- Commercial Free Weights F3PR Power Rack

Equipment Storage

- Commercial Free Weights F3BR Barbell Rack
- Commercial Free Weights F3 2TDR Two Tier Dumbbell Rack
- Commercial Free Weights F3 1TDR One Tier Dumbbell Rack
- Commercial Free Weights F3WT Weight Tree

Please contact Nautilus, Inc. or a Nautilus® Representative for information about other products, or go to www.nautilus.com.

LIMITED WARRANTY

Commercial Market Warranty Information

All Nautilus® exercise products are warranted to the commercial market purchaser to be free from defects in materials and workmanship. Warranty coverage valid to the original purchaser only and proof of the purchase will be required. Any product sold or placed in an application not recommended by Nautilus will void any warranty coverage set forth by Nautilus warranty policies and procedures.

Time Period

15 Years - Frame

3 Years- Mechanical and electrical parts

1 Year- Labor

1 Year - Wear items

What this warranty does not cover

1. Users weighing more than 350 lbs.
2. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance or failure to follow instructions or warnings in this Assembly/Service Manual.
3. Use of product in a manner or environment for which it was not designed.

Limitations

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether expressed or implied by operation of law or otherwise, including, but not limited to, warranties of merchantability or fitness for a particular purpose. Nautilus shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Nautilus' liability hereunder is expressly limited to the replacement of goods not complying with this

warranty or, at Nautilus' election, to the replacement amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

Procedures

Warranty service will in most cases be performed by an authorized Nautilus Fitness Dealer or Service Technician. The original purchaser must provide proof of purchase, Service calls and/or transportation to and from the Nautilus Dealer is the responsibility of the purchaser.

1. Nautilus will have the option to repair or replace any exercise product, which requires service.
2. Nautilus will replace any equipment frame that is structurally defective with a new frame or replace the unit with a unit of equal value.
3. Nautilus is not responsible for dealer labor charges for the component changeovers completed after the labor related warranty period stated herein.
4. If you elect to repair an exercise product or part yourself, using the services of someone other than an authorized Nautilus Fitness Dealer or Service Technician, or use a replacement part not supplied by Nautilus, Nautilus shall not be liable for any cost, damage, failure or loss caused by the use of such unauthorized service or parts.

IMPORTANT CONTACT NUMBERS

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

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For more information about our Commercial Series exercise equipment or other Nautilus[®] equipment for your home, visit www.Nautilus.com.

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